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English 1101

Is sleep necessary for the human body to function? Sleep is an important role in the human body because ,without sleep things such as an increase of heart disease , high blood pressure and strokes can occur to the individual. Sleep provides us as humans time for our blood vessels and heart to heal and repair. Throughout my paper I will talk about how much sleep the individual needs , why is sleep important, and how the environment around the individual may affect the sleep.

Everyone’s individual sleep needs vary. Generally adults are naturally built for mostly sixteen hours with the average of a eight hour sleep night. However, some individuals are able to function without sleepiness or drowsiness after as little as six hours of sleep. Others can't perform at their fullest potential unless they've slept at least ten hours. Children however should have approximately nine to ten hours.

Sleep is important because other problems may occur such as stress . Stress is the number one cause of short term sleeping difficulties Common triggers include school- or job-related pressures, marriage problems and a serious illness or death in the family. Usually sleep problems disappears when the stressful situation passes. However, if the lack of sleep problems are not managed properly from the beginning, they can persist long after the original stress has passed.

Environmental factors such as the temperature of the room, noise level or too brightly light can be a indication to sound sleep. Interruptions from children or other family members can also disrupt sleep. The comfort and size of bed and the habits of your sleep partner may affect your sleep . If you have to lie beside someone who has different sleep preferences, snores, can't fall or stay asleep, or has other sleep difficulties, it often becomes a problem for the significant other.

In conclusion sleep is a very important thing. Sleep benefits an individual as a whole because it's a necessity to survive .In my paper i explained how the surrounding of an individual, the amount of hours of sleep , and the need for sleep is crucial for the human body.